C:\Documents and Settings\John\Local Settings\Temporary Internet Files\Content.IE5\I7MUO2ZY\MCj04298190000[1].wmfScavenger Hunt: Muscles

You are going to be completing a scavenger hunt using an informational text by Kids Discover called “Muscles.” You and your partner will need to carefully read all of the text in the magazine and answer the following questions.

1. After reading the selection titled “A Matter of Muscles” and looking at the diagrams and cutaways on pages 2 and 3, write down five facts about muscles. These facts need to be detailed and written in complete sentences.

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1. Look at the three cutaways on page three under the subheading “Muscles Types.” Read the three captions and write several sentences comparing the three types of muscles.

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1. Read the text on pages 4 and 5. Under which subheading does it talk about the muscles producing a chemical that helps the muscles contract. What is the name of the chemical and how does it work? Then, read the “Check It Out” box and find the answer to the question on the back cover.

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1. After reading all of the text on pages 4 and 5, go back and reread the subheadings “Skeletal Muscles” and the “The Mechanics.” How do the skeletal muscles work?

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1. Find the diagram that shows the cardiac muscles. Look at the diagram and then read the cutaways that demonstrate how the cardiac muscle works. In your own words, explain how the cardiac muscles work.

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Our heart is a \_\_\_\_\_\_\_\_\_\_ \_\_\_muscle about the size of your \_\_\_\_\_\_\_\_\_\_\_\_. Each day, your heart beats \_\_\_\_\_\_\_\_\_\_\_\_\_ times.

1. Now, look back at page 6 and read about smooth muscles. Write down 2 facts about smooth muscles.

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1. Find the large diagram of the human body face. In addition to the diagram, there are small pictures with captions with information about all of the facial muscles. Read about all 9 and then pick 3 that you find most interesting and list them and one fact about each one.

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1. Read the section titled “Exercise Those Muscles.” How does exercise help your muscles? What things can hurt your muscles? Use specific examples from the section when you answer these two questions.

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1. What is the difference between isotonic and isometric? Describe an exercise for both.

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1. Read the section titled “Muscles Gone Wrong.” This section includes several pictures and/or diagrams that with captions. Read all of them!! Choose 2 problems that can happen with muscles. Describe the 2 problems. Also, pay attention to the “Check It Out” boxes!!

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1. Find the subheading “White Meat or Dark?” Read the text and explain the difference between white and dark meat.

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1. Are you like a porcupine???? Explain.

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1. Finish reading the magazine. Try the activities that show how muscles work. There should be supplies for these on the red table. After trying out these activities, write about your experiences and explain why you think muscles are important.

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